

Flax & Veggie Stir-Fry with Brown Rice

Ingredients

- 1 cup cooked brown rice
- ½ cup sliced bell pepper
- ½ cup broccoli florets
- ¼ cup shredded carrot
- 1 tbsp ground flaxseed
- 1 tbsp tamari or low-sodium soy sauce
- 1 tsp sesame oil
- Optional: green onions or sesame seeds for topping

Instructions

1. Heat sesame oil in a skillet over medium heat.
2. Add vegetables and stir-fry for 4–5 minutes.
3. Add tamari sauce and toss with cooked brown rice.
4. Sprinkle ground flaxseed at the end and mix well.
5. Serve warm, topped with green onions or seeds if desired.

Health Benefits

- Flaxseed: Supports hormone balance and reduces inflammation
- Brown rice: Complex carbs for steady energy
- Broccoli & carrots: Detox-friendly and rich in antioxidants
- Sesame oil: Promotes heart and joint health